



Be healthy. Be active.

30 minutes a day
at least **10** minutes at a time
5 days a week

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Sponsored by the Washington Coalition for Promoting Physical Activity (WCPPA) and the Washington State Department of Health (DOH)



Ser activo es ser saludable.

30 minutos al día
POR LO MENOS **10** minutos a la vez
5 días a la semana

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Office of Health Promotion

P.O. Box 47833 Olympia, WA 98504-7833

(360) 236-3736

Sincerely,

Health Education Resource Exchange Web Team

P R I N T I N G S P E C I F I C A T I O N S

Title: **Physical Activity Campaign: Logo Slicks
(English and Spanish)**

Size: 8.5 x 11

Paper stock: 60# text white gloss

Ink color: Black

DOH Pub #: n/a